National Institute of Nursing Research

Midcareer Technical Workshop

Path to a Sustained Program of Research

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Module I: Establish & Sustain POR

- Definition
- Hallmarks
- **Guideposts (Benchmarks)**
- Strategies to maintain POR momentum
- Value of Program Director guidance
- Competing application decision
- Interview with senior scientist

Guideposts to Track POR Progress

- Proof of Concept
- Feasibility: Is it safe? Will people use it?
- Efficacy: Does it work under ideal conditions?
  i.e., Randomized Controlled Trial (RCT)

Guideposts to Track POR Progress

- Effectiveness: Does it work in real life?
  i.e., Practical (Pragmatic) Clinical Trial (PCT)

- Can it be scaled up to benefit larger population?
  - Implementation
  - Sustainability

ULTIMATE GOAL: TRANSLATION,
i.e., WIDESPREAD ADOPTION

Guideposts to Track POR Progress

PATHWAY FOR TRANSLATION AND DISSEMINATION

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Brownson, R et.al. (2006)

COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, Nutrition)

Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAAN

- NINR-supported program
- based on cognitive behavioral therapy
- combines with nutrition lessons and physical activities
- participants had lower BMI and depression

Module I: Establish & Sustain POR

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Strategies to Maintain POR Momentum

- Keep cost in mind as ideas unfold
  - Simple intervention to maximize scale-up
  - Include investigation of cost effectiveness
- Standardize to enhance fidelity & reproducibility
- Incorporate elements that may demonstrate sustainability
- Consider population intended to benefit

Project Logo Examples

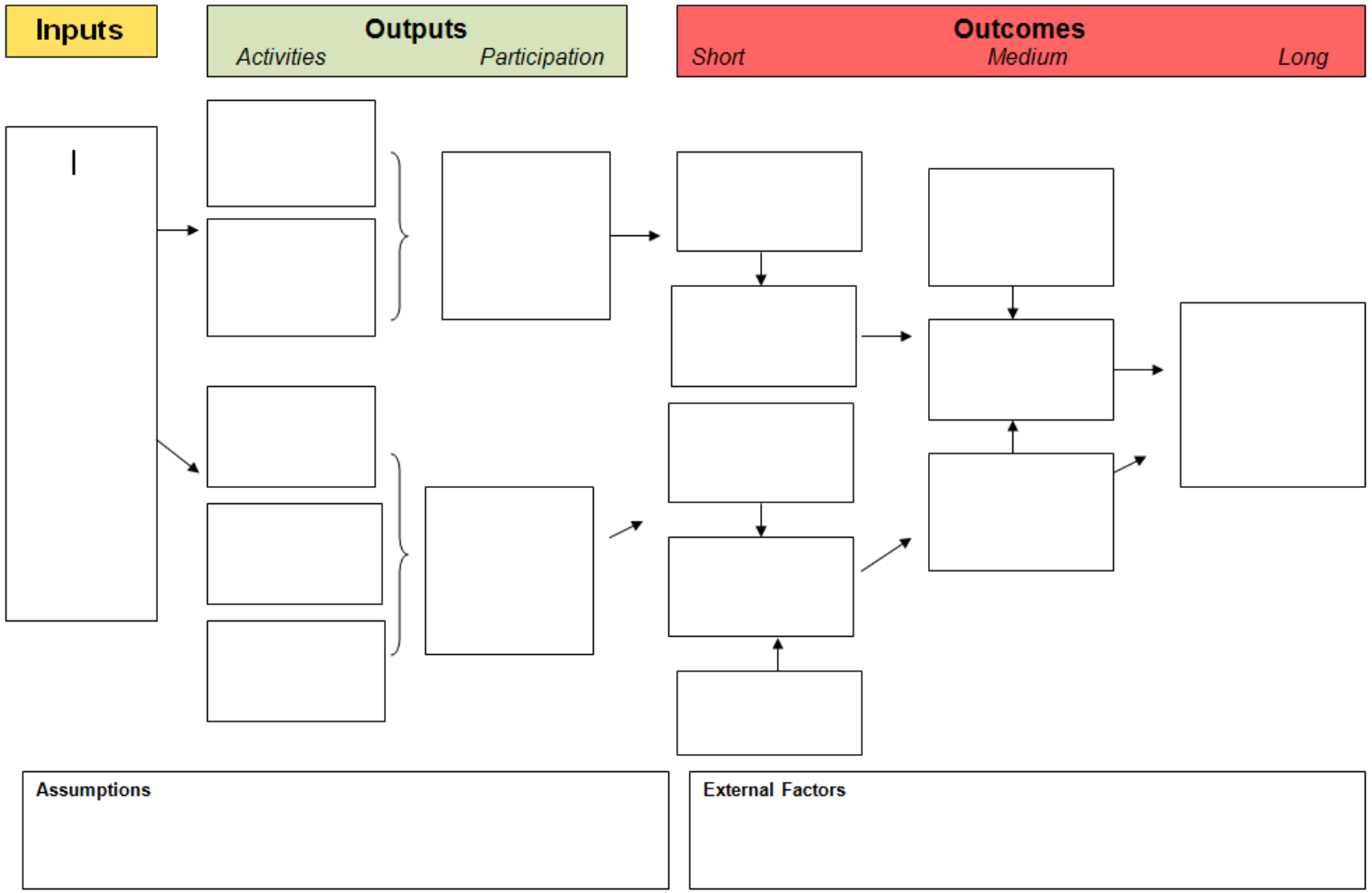
The PERL Project

Strategies to Maintain POR Momentum

- Use logic model and timeline to drive progress
- Conceptual model: alternative to move project
- Logic/conceptual model helps keep big picture in mind
  - Evidence needed to fill in model components
  - Can specify short, medium, and long term outcomes
  - Can pinpoint active (essential) ingredients

Strategies to Maintain Project Momentum

EXAMPLE OF LOGIC MODEL



Strategies to Maintain Project Momentum

- Timeline should drive week to week project activities
- Timeline can identify when efforts are falling short, e.g. recruitment goals
  - Recognize that timeline may have to be adjusted
  - Plan sufficient time to accomplish each element of project

TULIP Project Timeline Example

ACTIVITY	YEAR 1 (2010)						YEAR 2 (2011)						YEAR 3 (2012)						YEAR 4 (2013)						YEAR 5 (2014)					
	1/2	3/4	5/6	7/8	9/10	11/12	13/14	15/16	17/18	19/20	21/22	23/24	25/26	27/28	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44	45/46	47/48	49/50	51/52	53/54	55/56	57/58	59/60
Startup of Project																														
Screen/Enroll/Recruit 10/Month = 300/site																														
T1 Baseline/ Intervention Group Rx = 150/site DVD = 150/site																														
T2 3-month Post Intervention																														
T3 12-Month Post Intervention																														
T4 24-month Post Intervention																														
Start-up Interview Component																														
Conduct Interviews 20 Group/20 DVD																														
Ongoing and Final Economic Analysis																														
FINAL REPORT																														
Clinic Visits Per Year in each site	YEAR 1 T1 = 100 T2=70 **TOTAL: 170**						YEAR 2 T1 = 120 T2 = 120 T3 = 100 **TOTAL: 340**						YEAR 3 T1 = 80 T2 = 110 T3 = 120 T4 = 100 **TOTAL: 410**						YEAR 4 T3 = 80 T4 = 120 200 INTERVIEWS = 40						YEAR 5 T4 = 80 **TOTAL: 80**					

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Maximize Rate and Quality of Publications

- Build publications into project timeline
- Use each publication to focus research
- Try to time so that publication can be included in annual report
- Contact Program Officer when publication is accepted

Maximize Rate and Quality of Publications

- Rule of Thumb: One presentation = one publication
- Aim to contribute to the research narrative with each publication
  - Each publication should make a substantive contribution to the science
  - Avoid tangential reports that don't add to the research story

Maximize Rate and Quality of Publications

- Consider one major publication for each specific aim
- Aim for a mix of nursing and interdisciplinary journals
- Publish in highest impact journals possible
  - Initial submission to highest impact option
  - If not accepted move to next tier down

Make Best Use of Authorship

- Use authorship to showcase interdisciplinarity
- Include junior scientists and students as authors, as appropriate
- Discuss EARLY with research team
  - Order of authorship
  - Role on respective papers

Promoting Your POR

- Engage with relevant research societies
- Plan to meet with Program Director and journal editors at scientific meetings
- Attend presentations of scientists with like research interests and get to know them

Promoting Your POR

- Volunteer to serve on proposal review panel
- Ask current member of review panel to recommend you as a replacement when they go off panel